

MENTAL HEALTH Minnesota

The Voice of Recovery

THE VOICE and 2014 Annual Report

Volume 7, Issue 1

Dana's Story.....	page 1	Executive Director's Letter	page 6
Services Overview.....	page 2	Financial Report.....	page 7
2015 Conference	page 3	Program Reports	page 8
Resources.....	page 4	Memorial/Honor Gifts	page 9
Legislative Update.....	page 5	Donors	page 10



Client Story: Dana's Story

Dana struggled with intermittent episodes of major depression and anxiety, which she managed with good self-care and an anti-depressant. She worked full time at a nature center, leading children's groups on hikes. She loved her job and she earned enough to money to pay for her household expenses and provide for her 10 year old son, Michael. Dana had a stable and meaningful life.

A year before her initial contact with Mental Health Minnesota, Dana had an accident while rock climbing. She sustained multiple fractures in her extremities, as well as a skull fracture. After undergoing several surgeries and a long period of rehabilitation, she was left with a significant limp and chronic vertigo.

The day of Dana's fall was the day her life changed forever. Dana lost her job because she couldn't perform the essential requirements. During her rehabilitation, unpaid bills piled up, including her mortgage and credit card bills.

Eventually, Dana and her son, Michael, found themselves in a homeless shelter for families. They could stay 30 days, and apply to have that extended if needed. The shelter had a rule that each guest had to put most of what little money they had into a savings account, so the guest would have money when they moved

out. Shortly after she arrived Dana loaned her money to her sister, who was living on the streets, with the agreement that she pay her back right away. Her sister took the money and went straight to a casino and lost it all.

Dana contacted an advocate at Mental Health Minnesota the day she received a notice stating that, since she was not able to contribute money to her savings account, both she and her son had three days to leave the shelter.

\$125. That's all she needed! But for Dana, it may as well have been a million dollars.

The advocate at Mental Health Minnesota spoke to Dana's shelter worker, who confirmed the rules. She also called around to other organizations and social services in Dana's county. The advocate learned that requiring shelter guests put their money into savings was standard practice, and that there wasn't room for negotiation, nor was there funding available to help her.

Her advocate, discouraged by this reality, decided to step outside of the normal avenues. She reached out to the faith communities in Dana's town and was able to raise the \$125. Dana and her son, Michael, would have a warm place to stay for the next 30 days while they looked for more permanent housing.

The advocates at Mental Health Minnesota go the extra mile for their clients and are willing to think outside the box if needed. This story is just one example of how client advocates' knowledge of community resources and outreach efforts help people to address issues and concerns.

MENTAL HEALTH Minnesota

Local Mental Health Advisory Councils

Mental Health Minnesota has continued to work with Minnesota's Local Mental Health Advisory Councils (LACs) and Adult Mental Health Initiatives. We work to boost interest and attendance in these meetings, bringing important updates about policy developments, fostering better governance and structure within the meetings, and prioritizing the unmet needs reports that help steer the direction of mental health funding.

In June 2015, we held a LAC "Best Practices" event in Brainerd. Approximately 70 LAC members from counties across Minnesota came together to share ideas and learn from each other to help ensure success for their LACs. We plan to host two similar events in southern Minnesota and the metro area in the fall. We are also working to revise and update the LAC Handbook, providing guidance and a "blueprint for success" to LACs across Minnesota.

Minnesota Warmline

The Warmline is a safe and secure phone line for people working on their recovery across the state of Minnesota. Our knowledgeable, compassionate, caring, and professionally trained staff of Peer Support Specialists who have first-hand, personal experience dealing with a psychiatric diagnosis answer the Warmline. The Warmline is completely confidential and non-judgmental. Whether callers are looking for support or information, or just to talk about what's important to them, we can answer their questions, provide local referrals and take the time to listen to their concerns. The Warmline is open Tuesday - Saturday, from 4 p.m. to 10 p.m. To reach the Warmline, call (651) 288-0400 or (877) 404-3190.

Client Advocacy Service

Mental Health Minnesota's Client Advocacy Service empowers individuals with mental illnesses to develop self-advocacy skills to overcome barriers. People with mental illnesses, their families and friends, and any interested individuals can contact us when they need guidance in searching for resources to meet their needs. We provide the information and tools needed to access community resources, maintain civil rights, and/or manage the illness.

Ambassador Program

The Mental Health Ambassador Program is working to engage people with a lived mental health experience in advocacy efforts throughout the state of Minnesota, as well as spread the message of hope, recovery and wellness across the state.

A Mental Health Ambassador Group has formed in the metro area, and has been active in conference planning, as well as preparations to begin a speakers' bureau to share their individual stories. We are now working to develop the Ambassador Program across the state to engage as many people with a lived mental health experience as possible in our organization, as well as in public policy and advocacy work.

2015 Conference

On May 14th, Mental Health Minnesota held its 2015 Conference “The Power of Sharing Our Stories: Promoting Recovery, Advocating for Change.” We were pleased to host over 110 people from many counties across the state.

The conference aimed to offer attendees an opportunity to learn how to share experiences and tell their stories in engaging ways that can impact public policy and spread the message of hope, recovery and wellness across the state of Minnesota. The day featured an exclusive video from the best-selling, award-winning autobiographer Elyn Saks, who lives with schizophrenia, a panel on telling your story and twelve break out sessions.



Scholarship recipients had many great things to share about their experience at the conference:

- “I enjoyed hearing the panel’s stories and how they found their way through their illness to be successful today”
- “The conference was a breath of fresh air compared to my everyday dealings with my mental health”
- “There is always help and a place for change by telling our stories to others”
- “I am anxiously awaiting next year’s conference!”



We want to thank all who attended this year’s conference, as well as panelists, presenters, conveners, volunteers, exhibitors and staff. This event would not have been a success without all of you.

Resources

DBSA

Twin Cities Area

EAGAN: 1st and 3rd Monday, 7-8:30pm, St. John Neumann Catholic Church, 4030 Pilot Knob Road, Cindy 612-386-9131 (Please note: This group does not meet on Martin Luther King Jr. Day, Presidents' Day, Memorial Day or Labor Day)

MAPLE GROVE: 1st and 3rd Thursday, 7-9pm, St. Joseph the Worker Catholic Church, 7180 Hemlock Lane, Steve 763-425-6505 ext. 107

MOUNDS VIEW: 2nd and 4th Tuesday, 7-8:30pm Sunrise Methodist Church, Co. Rd. I & Long Lake Rd, Robin 651-587-6438

SAINT LOUIS PARK: 2nd and 4th Thursday, 7-9pm, Park Nicollet Medical Center, 3800 Park Nicollet Blvd. 6th Floor, Bobby Nermer 952-938-8941

SAINT PAUL – HIGHLAND PARK: 1st, 3rd and 5th Wednesday, 7-8:30pm, Jewish Community Center, 1375 St. Paul Ave., Mary Richards 651-636-4012

Greater Minnesota

ALBANY: Mondays, 6:30-7:30pm, Albany Hospital and Medical Center, 300 Third Ave., 320-845-6104 or 800-862-1799

ALEXANDRIA: 2nd and 4th Tuesday, 7-8pm, Saint Mary's Parish Office, 420 Irving Street (Use East Entrance), 320-762-0628

SAINT CLOUD: Thursdays, 6-7:30pm, Hope Community Support Program, 157 Roosevelt Rd. Suite 300, Lynn Keller 320-240-3324

22nd Annual Tom Murphy Memorial Golf Tournament Saturday, September 19, 2015

In memory of Tom Murphy, an avid golfer, whose life ended prematurely due to a commonly experienced mental illness.

Golf Tournament - 9 Holes & Dinner

Brookview Golf Course
200 Brookview Parkway
Golden Valley, MN 55426
763-512-2305

Scramble Format.

Featuring Special Events and Silent Auction

For more information or to register
please contact: halik@mentalhealthmn.org

*Proceeds from the tournament will benefit
Mental Health Minnesota*



2:00 - 3:30 Tee Times
5:30 - 7:00 Social Hour
7:00 p.m. Dinner & Prizes

Golf and Dinner \$90 (\$54 tax deductible)
Dinner Only \$30 (\$14 tax deductible)
Tournament Sponsorship \$50

LEGISLATIVE UPDATE

Minnesota has a new benchmark for supporting recovery. 2015 was a banner year for mental health. We started with a strong commitment to mental health from Commissioner Jesson and support in Gov. Mark Dayton's budget. Sen. Tony Laurey and Rep. Matt Dean both attended a press conference with us early in the year, noting that this was a year that mental health needed action. As chairs of the health finance committees, they worked on provisions to address community care, housing, employment support, and crisis response.

The end result? \$42M of carefully chosen allocations of new funding for mental health. Some of the highlights:

- **Improvements to Crisis Response.** A very strong position for crisis services was enacted: \$8.6M for mobile and residential crisis across Minnesota. With priority for underserved areas, this money will expand and improve services. A single phone number will reach local crisis teams wherever you are.
- **Repeal of the MA-EPD premium hikes.** This cut was originally enacted in a deep budget shortfall, but only went into effect after we had already returned to a surplus. This repeal makes the transition into work possible for more people with disabilities. Mental Health Minnesota employs several people on this program, and it is often a key resource for peer support specialists.
- **Support for community mental health.** Through a combination of rates and grants, Minnesota will do more to support community mental health providers, who form a backbone of accessible and quality care throughout the state. We can't allow further system failures like the closure of Riverwood, and this is a step in the right direction.
- **Non-Emergency Medical Transport, including funding for Protected Transport.** Created as policy last year, these workgroup recommendations had gone unfunded. With new funding, individuals on Medical Assistance will now be eligible for transportation to safely get them to a hospital or crisis bed. Overuse of transport by police is expensive and can make a bad situation worse. This is a big win for rural areas of the state.

There is plenty more to do. In the coming years, we will need to make sure that these funds are spent wisely, that new programs are rolled out with recovery focused providers, and that remaining gaps in the system are identified. Continuing discussion and implementation around community integration will take place around the Olmstead settlement and Home and Community Based Services regulations. Mental Health Minnesota will be at the table to be a voice of recovery, every step of the way.



Letter from the Executive Director



Shannah Mulvihill

Dear Friends,

It is an exciting time to be a part of this organization!

In December 2014, the boards of the Mental Health Association of Minnesota and the Mental Health Consumer/Survivor Network (CSN) formed a “strategic partnership” to ensure that valuable programs and services could continue to be offered to people in Minnesota.

In April 2015, CSN combined its programs with the Mental Health Association, and the Mental Health Association of Minnesota is pleased to announce its new name: “Mental Health Minnesota,” with a new tagline of “The Voice of Recovery.”

We are very excited about the potential that the combining of these programs brings to our work and ability to grow across Minnesota.

We look forward to a future that includes not only the client advocacy program we have been proud to provide for many years, but also the Minnesota Warmline, a safe and secure phone line for people working on their recovery.

We look forward to a future that includes not only the public policy advocacy work that has helped make an impact at many levels, but also engaging the voice of lived experience with mental illness in that policy work and in our communities through our Mental Health Ambassador program.

As “The Voice of Recovery,” we look forward to a future in which we work to ensure that those living with mental illness are part of the decision-making process: whether that means decisions about their own recovery, wellness and care or decisions related to future mental health policy and funding.

This past legislative session brought great promise and excitement to mental health in Minnesota. We believe there is a strong commitment to better mental health services for people across Minnesota, whether they live in the metro area or the smallest town in Minnesota. All people deserve the care and services they need to stay well, and we are so pleased that additional funding in the next biennium will help us make progress toward that goal.

It is a time of change and progress. It is a time of opportunities and challenges. It is a time when we will value our past, and embrace our future.

At Mental Health Minnesota, we are so grateful for all of you who have supported our organization in the past. We have a wonderful history of more than 75 years of work, and we are so pleased to share the excitement of our future with you now. I hope you will continue your support of Mental Health Minnesota as we move forward. With your help, we will serve more people who need help, and spread the message of recovery...of wellness...of hope...across Minnesota.

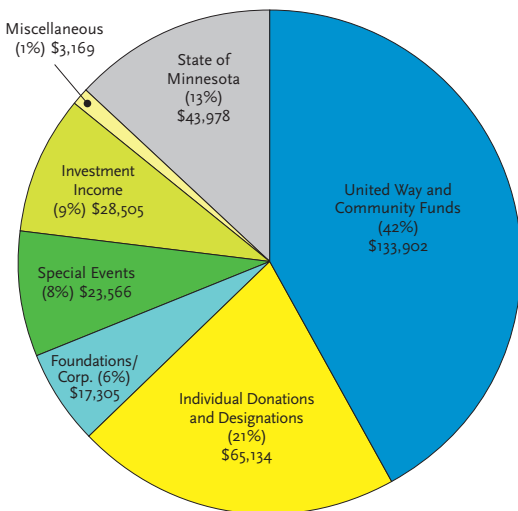
A handwritten signature in black ink, appearing to read 'Shannah Mulvihill'. The signature is fluid and cursive, written in the bottom right corner of the page.

Financial Report - Statement of Financial Position

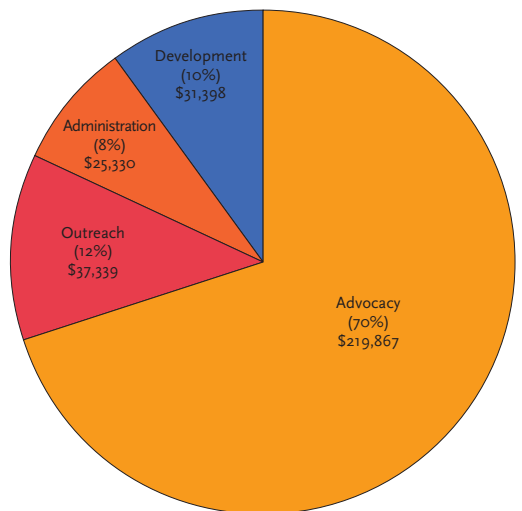
*The CSN audit for 2014 is not yet complete. These numbers reflect the 2014 audit for MHAM only.

ASSETS	12/31/14
Current Assets	
Cash and cash equivalents	\$38,358
Investments	\$750,524
Accounts Receivable	\$23,338
Prepaid Expenses	\$1,947
Total Current Assets	<u>\$814,167</u>
Property and Equipment	
Less: Accumulated Depreciation	\$60,248
	<u>(\$60,248)</u>
Total Property and Equipment	<u>\$0</u>
Total Assets	<u>\$814,167</u>
LIABILITIES AND NET ASSETS	
Current Liabilities	
Accounts Payable	\$0
Accrued Expenses	\$17,674
Total Current Liabilities	<u>\$17,674</u>
Net Assets	
Unrestricted	\$796,493
Temporarily Restricted	\$0
Total Net Assets	<u>\$796,493</u>
Total Liabilities and Net Assets	<u>\$814,167</u>

2014 Revenue



2014 Expenses



2014 Services and Outreach

Client Advocacy Program

The Client Advocacy Program is designed to help people when they have trouble getting mental health services or need help to maintain their health and independence. Client Advocates also help people resolve issues around employment, housing, and disability eligibility. They work one-on-one with people and ask specific questions to identify the barriers that stand in the way of their independence.

2014 Service Outcomes:

- 710 Individual Advocacy Cases
- Advocates provided mental health resources to clients
- Advocates helped clients develop plans to overcome barriers
- Clients received tools for self advocacy

Outreach Advocacy Program

This program provides information about how to get help for a mental illness and how to improve overall health and wellness, through workshops for individuals, family members, frontline providers, and faith communities.

- 711 people attended 20 workshops in 2014.
- 557 interactions at 13 health and wellness events in 2014

Steps to Wellness kits and Take Charge booklets are provided to help people improve overall health and wellness through diet, exercise, good sleep habits, stress reduction, and goal setting.

- We continue to promote Steps to Wellness and Take Charge kits to people in need of these resources and distribute hundreds each year.

We maintain a website with information about mental health, how to seek help for a mental illness, online screening for mood and anxiety disorders, and community resources.

- 14,027 online screenings in 2014
- National Depression Screening Day awarded Mental Health Minnesota for being a Top Ten Online Screening Site in 2014!

We published a newsletter four times in 2014 with information on self-advocacy, stories of recovery, and emerging trends in mental health.

- 6,220 people received the newsletter/annual report

2014 Memorial and Honor Gifts

In Memory

Mary Lou Gladhill
Bethany Gladhill

Daniel Steven Hegler
Janice Hegler

Irene Lagges
James and Victoria Lagges

Craig LaZerte
Diane Bauer

Jean Noren
Carl Noren

Shirley Ohlin
Rexford Holland

Sean Shevik
Dan and Sylvia Schultz
Monica and Denny Shevik

Jeffrey Wade Shillock
Curtis and Marcia Stroman

In Honor

Ed Eide
Brian Doran
Paul Doyle
John M. Zakelj and Bonnie Watkins
Nancy Paul

Aaron Gruchow and Kristabelle Nagel
Nancy Gruchow and Rosemary Hagen

Alice Heinen
Dr. Lee Beecher and Dr. Mary Jane Heinen

Tom Johnson
Clare and Jerome Ritter

Marge Ramsey/Ed Eide
Paula Seeger

Norma and Bill Schleppegroll
Sandra Antonelli

This list is current as of July 2015. Every effort has been made to ensure accuracy. If you note an error or omission, please accept our apologies. You can make changes by calling Hali Kolkind at 651-493-6634, ext. 9.



MENTAL HEALTH Minnesota

The Voice of Recovery

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Mental Health Association of Minnesota

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Saint Paul, MN 55104-5589
651-493-6634
800-862-1799
www.mentalhealthmn.org
info@mentalhealthmn.org

2014 Donors

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Combined Sharing Plan
Echo Township United Fund
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Hancock Township United Fund
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Lake Benton Community Chest
Lake Stay Community Chest
Lake Valley Charities
Northfield Area United Way, Inc.
Polk County Community Fund
Rosendale Township United Fund
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United Fund of Garden City Township
United Fund of Kenyon
United Fund of Le Center
United Fund of Le Sueur
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Urness Township Community Chest
Verona Township United Way
Washington Lake Township Combined Fund
Wood Lake Township Rural Charities
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In-Kind

2nd Swing Golf
Al Vento
Brave New Workshop
Breadsmith
Carolyn Brue
Bunny's Bar and Grill
Ciao Bella
Kenneth and Linda Cutler
Brian Doran
Dunn Bros
Edward and Kris Eide
Fast Frame
Gear Running
General Mills
Bethany Gladhill
Norman Greenberg and Beth Silverwater
Guthrie Theater
Ichiban
Illusion Theater
Izzy's Ice Cream
Royal and Patricia Jaros
Jayandee Services
Kottke Fine Jewelers
Alex and Matthew McCarthy
Meritage
Minneapolis Fire Department
Minnesota Historical Society

Minnesota Jewish Theater Company
Minnesota Landscape Arboretum
Minnesota Swarm
Minnesota Twins
Minnesota Vikings
Minnesota Wild
Old Chicago Pizza
Old Log Theater
Ordway Center for the Performing Arts
Parasole Restaurant Holdings
Park Square Theatre
Paul Peltz, CPA
Pizza Luce
Daniel Rauenhorst
Rinata
Root Salon
Run N Fun Running
Nate Saunders
Smashburger
St. Croix Festival Theatre
St. Paul Saints
The Cottage House Inn
The Doorway for Massage Therapy
The Local
The Lowbrow
The Marsh: A Center for Balance and Fitness
Theatre in the Round
Peter Thelen and Lynne Gibeau
Kathy and John Tonding
Town Hall Tap
Trader Joe's Company
Urban Eatery
Vivo Kitchen
Wagner's Garden Center
Wakame Sushi and Asian Bistro
Whitey's Saloon
Zelo Restaurants

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The Voice of Recovery

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AMBASSADOR PROGRAM OPPORTUNITIES

- If you are interested in being an Mental Health Minnesota Ambassador in your community contact: Annie Parrish at anniep@mentalhealthmn.org

VOLUNTEER OPPORTUNITIES

- We are looking for volunteers to assist with our client advocacy service. Shifts are available in mornings and afternoons. Contact Annie Parrish at anniep@mentalhealthmn.org for more information.



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